



Fresh Fruit & Vegetable Program Menu

March 2016



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------------------------------------|---|-------------------------------------|---|
| | 1 | 2 Baby Carrots & Italian Dip | 3 | 4 Fresh White Grapes |
| 7 Cucumber Coins & Ranch Dip | 8 | 9 Turkish Food Day Fresh Black Plum | 10 | 11 Broccoli Florets & Honey Mustard Dip |
| 14 Fresh Pineapple | 15 | 16 Snow Peas & Italian Dip | 17 | 18 Fresh Mango |
| 21 Celery Sticks & Honey Mustard Dip | 22 | 23 Fresh Kiwi | 24 | 25 Cauliflower Florets & Ranch Dip |
| 28 Spring Break No School | 29 Spring Break No School | 30 Spring Break No School | 31 Spring Break No School | |

FFVP Focus: White Grapes

Even though they are called "white" grapes, they are actually green in color!
Grapes come in many colors, including green, red, black, yellow, pink and purple.
Grapes are considered to be a berry like a blueberry or strawberry.
Try a sample of white grapes at your school on Friday, March 4th!

